



Montgomery County Council

From the Office of Councilmember Roger Berliner

November 9, 2009

Contact: 240-777-7828

Council Vice President Berliner to Host Free Health Forum for Seniors on Fri., Nov. 13; Guest Speaker to be Congressman Van Hollen

**Feeling Your Best at Any Age'at Sunrise at Fox Hill in Bethesda
Will Include Speakers, Resource Fair on Senior Wellness Issues**

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ROCKVILLE, Md., November 9, 2009—Montgomery County Council Vice President Roger Berliner is inviting area senior citizens and those interested in senior issues to join him from 1-4 p.m. on Friday, Nov. 13, at the Sunrise at Fox Hill Senior Community in Bethesda for a free forum on health issues especially geared to senior residents of Montgomery County. The forum, which is being co-sponsored by the Montgomery County Commission on Aging, is themed “Feeling Your Best at Any Age.” Congressman Chris Van Hollen is scheduled to be the event’s guest speaker.

Councilmember Berliner, whose District 1 includes Bethesda, Chevy Chase, Garrett Park, Glen Echo, Friendship Heights, North Bethesda, Potomac and Somerset, will be joined by additional speakers and representatives of organizations that provide services to seniors.

The forum will be held at Sunrise at Fox, which is located at 8300 Burdette Road in Bethesda. Ample parking is available on site. The event is free and advance registration is not required to attend.

“As more and more senior citizens are choosing to retire right here in Montgomery County where they have always enjoyed living, it is important that we let them know about the many opportunities our community offers to help maintain a high level of health and wellness,” said Council Vice President Berliner. “We know that many seniors are both concerned and confused about the health care debate going on right now in our nation—and wonder how it will impact them. Congressman Van Hollen is very familiar with many of these issues and will be able to address those concerns.”

The forum also will include informational tables hosted by several agencies and non-profits that provide services to seniors. Starting at 1 p.m., representatives from these organizations will be available to answer general questions and questions on an individual basis. The formal part of the program will begin at 2 p.m.

“Forums like this provide a vital service for seniors in our communities,” said Congressman Van Hollen (D-Maryland). “I look forward to joining Councilmember Berliner in making sure my constituents have all the information they need to make informed health care decisions.”

In addition to Congressman Van Hollen, guest speakers at the event will include Linda Krause and Jill Johnson of Suburban Hospital talking about “Forever Young: Turning the Clock Back on Health” and Kim Burton of the Mental Health Association of Maryland, who will speak on “Challenges to the Mind and Spirit in Later Years.”

More information about the forum is available by calling 240-777-7828.

Directions:

- *From the Beltway (I-495): Take exit for River Road (Route 190) toward Washington. Go about one-tenth of a mile. Make a left on Burdette Road.*
- *From Bethesda points south: Follow River Road (Route 190) toward the Beltway. Just before Beltway exit, make a right onto Burdette Road.*

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